Have you been affected by COVID-19?
Disasters, both human-caused and natural, may cause behavioral, emotional, and physical reactions in the people who are affected. Most people who experience a disaster, whether it’s through direct or indirect exposure, are affected in some way.

Here are some common reactions to disasters:

▪ Having trouble falling asleep, staying asleep, sleeping too much, or trouble relaxing
▪ Noticing an increase or decrease in your energy and activity levels
▪ Having difficulty talking about what happened or listening to others
▪ Feeling anxious or fearful
▪ Being overwhelmed by sadness
▪ Feeling angry, especially if the event involved violence
▪ Having headaches or other physical pains for no clear reason
▪ Being jumpy or easily startled
▪ Having trouble thinking clearly and concentrating
▪ Having difficulty making decisions

Are you or a loved one experiencing any of these or other reactions to a recent disaster?

Alabama Apart Together provides information and education to help people understand that they have the ability to cope and adapt in a crisis.

*Although we have to be apart, together we will get through this.*

**Alabama Apart Together 1-888-442-1793**

*Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators who are working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the information line at 1-888-442-1793. The information line will connect individuals with appropriate staff and programs in north central Alabama to provide vital resources and services.*